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WINTER DIETS ARE OFTEN DEFICIENT

Studies of farm diets made in Wisconsin and South Carolina have been discussed recently in two reports received at the _____.
(institution)

The records showed that of the 109 Wisconsin families whose diets were studied, most of the families were not getting enough minerals in their food. Nearly 32 percent of these family diets lacked iron; 21 percent lacked phosphorus; and nearly 16 percent, calcium. The records showed 26 percent low on calories. The need for protein was more nearly met than other nutritive essentials. In winter these families ate a good deal of farm-butchered meat. A fairly high milk consumption helped to supply protein and calcium.

The outstanding lack in winter diets of the families studied in South Carolina was vitamin C rather than minerals. The South Carolina experiment station analyzed weekly diet records taken throughout the year by 178 white families and 97 negro families. All lived on farms in the Piedmont or upland section of the State and were not the poorest families. They were mostly small independent farmers who had their own cows and garden. Their traditional meals were founded on milk and cereals and included such typical southern foods as corn meal, sweetpotatoes, garden greens, and sorgo sirup.

The South Carolina families did not run low on iron as the Wisconsin families did, because they ate such large amounts of sweetpotatoes and sorgo sirup in their winter meals. Their gardens supplied them with turnip greens and collards until late in the fall and again early in the spring - another good source of iron. Sweetpotatoes were eaten more in winter.

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